Resistance Band Workshop

Friday, Oct. 26th @ 12:00 p.m.

Presented by:

Rebecca Hogan

(Kes 334 Student)

Come and learn how to use the Resistance Band properly using various muscles such as your arms, legs and abs. You will also learn many different functional exercises that can help you develop an overall stronger body.

Sign up today at the weight room desk!

For more information: Contact Fitness Coordinator, Valerie Yamaki (808) 933-7632 or e-mail: vyamaki@hawaii.edu